

News in Brief

Lt. Col. promotion

Congrats to Maj. Jeffrey Lawson of the 47th Aeromedical Dental Squadron who has been selected to pin on the rank of lieutenant colonel.

Gate closure

The main gate will be closed from 6 a.m. Monday until midnight Tuesday for construction. The west gate will be open during these times.

For more information, call 298-5886 or 298-5100.

Clinic closure Jan. 3

The 47th Medical Group will be closed from 7 to 11 a.m. Jan. 3 to participate in the wing run and Safety Day briefing.

During this time radiology, laboratory, pharmacy and Nurse Triage Line will be closed. The TriCare Service Center will be open.

If you have a medical emergency, report to the Val Verde Regional Medical Center Emergency Room; for other care, call 1-800-406-2832.

For more information, call 298-6309.

Mission status:

(As of Dec. 6)

Days ahead or behind with
mission capable rate

T-37	-0.78	81.2%
T-1	-1.0	76.6%
T-38	-3.96	70.4%
T-6	N/A	75.5%

Laughlin ORI bags ‘Excellent’

ORI team leaves Laughlin with a favorable rating

**By Airman 1st Class
Timothy Stein**

Editor

Sirens blared, lights flashed and whistles filled the air during the Operational Readiness Inspection outbrief Tuesday as base members learned that Laughlin had received an overall Excellent rating for its compliance with Air Force operation standards.

The ORI is a mandated biennial inspection that gives the Air Force an assessment of the wing’s mission. To do this, a team from Headquarters Air Education and Training Command Inspector General’s Office evaluated Laughlin’s processes and programs Dec. 9 through Tuesday to determine how effectively, efficiently and safely its missions and responsibilities are accomplished.

The ORI rates each unit on a five-tier grading system; unsatisfactory, marginal, satisfactory, excellent or outstanding.

See ‘ORI,’ page 6



Photo by Airman 1st Class Timothy J. Stein

Joshua Payne, son of Maj. James and Carole Anne Payne, celebrates at the post Operational Readiness Inspection party held at Club XL Tuesday. Several hundred Laughlin members and family showed up at the party to help celebrate the Excellent rating.

19 Laughlin members make major

RANDOLPH AIR FORCE BASE, Texas – Nineteen current Laughlin captains were selected for major by promotion boards held at the Air Force Personnel Center here Oct. 3, personnel officials announced Tuesday.

The 2002 promotion boards considered 2,703 captains in the line, judge advocate general, chaplain, medical service corps, biomedical sciences corps and nurse corps fields, and selected 1,946 for promotion to the rank of major.

The entire list will be available on the Air Force Personnel Center Web page at www.afpc.randolph.af.mil by 2 p.m. CST

today.

Selection statistics for those in the promotion zone:

■ 1,557 line captains were selected from 1,681 considered for a 92.6 percent selection rate.

■ 16 chaplain captains were selected from 20 considered for an 80 percent rate.

■ 59 JAG captains were selected from 64 considered for a 92.2 percent rate.

■ 91 NC captains were selected from 130 considered for

a 70 percent rate.

■ 50 MSC captains were selected from 55 considered for 90.9 percent rate.

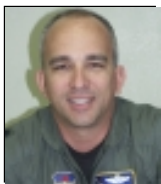
■ 109 BSC captains were selected from 126 considered for an 86.5 percent rate.

For those above the promotion zone:

■ 40 line captains were selected from 510 considered for a 7.8 percent select rate.

■ One chaplain captain was selected

See ‘Major,’ page 4



Commanders' Corner

Lt. Col. Jeff Kubiak

86th Flying Training Squadron commander

Many benefits in 'looking up'

Remember when you were a kid riding your bike against the wind? You'd put your head down and just pedal as fast and hard as your whole body could.

There probably is some aerodynamic benefit, even at bicycle speeds, to assuming that posture. I think that this posture was as much psychological as it was physical. I remember thinking "if I put my head down and don't think about how hard this is or how slow I seem to be going, the next thing I know, I'll be there."

Despite its benefits, there are a couple of real dangers associated with this "put your head down and just pedal" posture. I found this out the hard way when I was very young and rode my bike smack into the back end of a parked car because I didn't look up often enough to see it. I'm sure there were several friends I would pass along the way that I didn't bother to wave to because I never saw them with my head down. Who knows what other really cool things I missed because I didn't look up often enough.

The "put your head down and just pedal" posture is one that has been maintained by a large portion of this wing for quite a while. We certainly have done so over the last several months of the Operational Readiness In-

spection preparation. But even our day-to-day execution of the mission at the current tempo keeps us always riding against the wind.

I know my nature is to "put my head down and just pedal." Just yesterday I looked up and thought, wow, it is the middle of December already! I have apparently had my head down for a very long time and it scared me.

The holidays can present us all with an excellent opportunity to "look up." With a short break from the mission, for most of us, the wind won't be blowing so hard. Look up long enough to enjoy the people you've been pedaling alongside of all year. Look up to see your family and friends that maybe have not received enough of your attention. Stop and celebrate the incredible hurdles we've overcome as individuals, a wing and a nation over the past year. Look up to see just what an incredibly important job we do and how extraordinarily well we do it.

Jan. 3 will be here soon enough, and it will be back to pedaling hard into a brisk wind. Take every opportunity to look up, now and always. Look up to see where you are going and make sure you are on course, wave to your friends and don't hit any parked cars.

"Look up to see what an incredibly important job we do and how extraordinarily well we do it."

SECAF, CSAF send holiday wishes

By Dr. James G. Roche

Secretary of the Air Force

By Gen John P. Jumper

Air Force Chief of Staff

In this season of thanksgiving and reverent celebration, we send our warmest wishes to our entire Air Force team of active, Guard, Reserve, civilian, and retired airmen and to your loved ones and families.

As defenders of America, we salute you for your honor, courage, and commitment – values worthy of our nation's deepest gratitude and profound respect.

For each of you who voluntarily wear the uniform of our nation, this holiday season offers General Jumper and I an opportunity to simply say thank you.

To those separated from loved ones during this special time of year,

whether a result of a deployment or mobilization, we send our heartfelt appreciation for your sacrifice and willingness to bear the burdens of freedom.

Your devoted service underscores all that is great about America. And in an era of grave new challenges to the values of liberty and equality, you represent the strength of this diverse land, and symbolize all that is good about your generation.

Wherever you are stationed or deployed, we urge you to reflect on the abundant blessings and privileges we enjoy as Americans. Indeed, we are richly blessed, but with such riches come responsibility. The responsibility to preserve and defend freedom-loving people, and to ready ourselves for the future battles we

must fight for our nation.

In this season of giving and thanks, take a few moments to reflect on the value your gift of service brings to every man, woman, and child in America and around the globe.

Your gift is freedom, and all who live under its protective wings benefit from this great offering of peace and hope. Whether you live here in the United States, or are stationed in a foreign land, the shelter and security of the Stars and Stripes goes with you.

To all members of the world's greatest Air Force, we offer our most sincere thanks for all that you do for America. We wish you a safe and happy holiday season, and hope for peace in the New Year. Happy holidays!



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1st Lt. Paula Kurtz

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Airman 1st Class Timothy J. Stein

Editor

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Staff writer

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Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to: **timothy.stein@laughlin.af.mil** or **yvonne.conde@laughlin.af.mil**.

Actionline 298-5153



Col. Dan Woodward
47th Flying Training
Wing commander

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
Hospital	298-6311
Housing	298-5904
Information line	298-5201
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

***“Excellence –
not our goal, but
our standard.”***
– 47th FTW motto

Greetings from AETC commander

By Gen. Don Cook
Air Education and Training Command commander

RANDOLPH AIR FORCE BASE, Texas – With the holiday season upon us, I want to take this opportunity to thank each of you in the “First Command” for all the hard work, effort and commitment you put into making this past year such a success for Air Education and Training Command.

I am very proud of you all, and you should be proud of each other for your achievements in accomplishing AETC’s very critical mission to recruit, train and educate our Air Force’s future professional airmen. The AETC Team truly had an awesome year.

Our basic military training throughput has increased to 43,000 airmen a year, the technical training seats are filled, and we are targeting critically manned AFSCs to focus our training efforts to solve the demands on our stressed career fields. Additionally, we graduated nearly 1,100 active duty pilots and 360 navigators.

As a command, we did this while deploying over 5,000 people in support of the AEFs and homeland defense. In order to support future operations, we have

nearly doubled the number of AETC personnel available to over 22,000 airmen. The bottom line... the Air Force is a better place because of your hard work and dedication.

We’ll undoubtedly face various challenges in the New Year. But your sacrifices, perseverance, and enthusiasm have postured the command to take full advantage of the many opportunities I anticipate we’ll have to overcome those challenges in 2003. I look forward to working with the AETC Team to make a great command even better in the coming year.

As we observe the many traditions of this special season I ask that you remember our colleagues who won’t be home to celebrate with family and friends. I also ask that you open your hearts and your homes to the families of those who are deployed, and the young airmen who, for one reason or another, can’t be with family and friends during this special season.

My wife, Diane, joins me in wishing each of you a joyous and safe holiday season.

Our best wishes go out to each of you for a prosperous and bright New Year.

19th AF commander extends appreciation

Maj. Gen. James Sandstrom
19th Air Force commander

RANDOLPH AIR FORCE BASE, Texas – With another year coming to an end and the holiday season in full force, it is with my deepest gratitude that I extend my appreciation to the men and women of the 19th Air Force. Your dedication and “can do” attitude have once again carried 19th Air Force through another successful and prosperous year.

This season we have much to reflect on. Now, more than ever, is the

time to encourage and strengthen our young airmen as they deploy from their homes and families to continue the fight on terrorism.

As a new year nears, America finds assurance in the competence and diligence of its military force and the 19th Air Force family – active duty, reserve, civilian, and contractor play a great role in assuring our nation’s freedoms.

Over 18,000 students have been trained by the 19th Air Force this year. These young airmen are our future assurance for a strong military

force. It is with great pride that I thank you all for your role in helping the 19th to train and mentor these young airmen to reach their greatest potential. You are exemplary role models and represent the Air Force well.

As we reflect, let us not forget the many blessings gained through the year and remember the importance of family and friends. Enjoy the holiday, and as always, be safe.

Jeanie and I wish you a happy holiday season and a prosperous new year.

Border Eagle commentaries

The Border Eagle encourages base members to take part in their paper. Anyone wanting to write a commentary for the Viewpoint pages of the paper is welcome.

Commentaries can be written about any aspect of Air Force life you find interesting. Commentaries should be 250 to 500 words in length. Public Affairs reserves the right to edit all submissions for length

and clarity. Commentaries for the Border Eagle should be submitted to the Public Affairs Office, Bldg. 338. The deadline to submit a commentary is close of business each Thursday, the week prior to publication. For more information, guidelines or help, call 298-5393.

Do the world a favor and recycle this newspaper.

‘Major,’ from page 1

from five considered for a 20 per-cent rate.

■ Two JAG captains were selected from seven considered for a 28.6 percent rate.

■ 13 NC captains were selected from 79 considered for a 16.5 per-cent rate.

■ Three MSC captains were se-lected from nine considered for a 33.3 percent rate.

■ Five BSC captains were selected from 17 considered for a 29.4 per-cent rate.

Please
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Laughlin major selects

47th Medical Operations Squadron
Mimi Banks

Daniel Szarke
Todd Wright
Amy Young

47th Flying Training Wing
Thomas Biediger

85th Flying Training Squadron
Larry Burns
Daniel Ely
Darrell Judy
Mark Kraby

47th Operations Support Squadron
Paul Cover
James Ney
Eric Shafa

86th Flying Training Squadron
Michael Johnson
William Lockhart
Richard Parrotte

84th Flying Training Squadron
James Curry
Matthew Heikkinen
Robert Ricks

87 Flying Training Squadron
Mark Barrera

Thinking
about
getting
out?

*Call the
career
assistance
adviser at
298-5456 for
guidance.*

Air Force Association

Del Rio Chapter 358 of the Air Force Asso-ciation will meet at 4 p.m. today in the Daedalian Room of Club XL. All members and interested individuals are encouraged to attend. Find out about AFA and how Chapter 358 supports Team XL.

For more information, call Jim Teet at 298-5980.

Thrift Savings Plan

Civilian and military employees can still sign up or change Thrift Savings Plan accounts during the current open season until Dec. 31.

Changes made after Dec. 1 will become effec-tive the beginning of the following pay period for civilians and the following month for military.

For specific information, log on to www.tsp.gov for civilians and www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm for military.

Advisory council meeting

A Health Consumers Advisory Council meet-ing is set for 1 p.m. Jan. 3 at the wing conference room. This is an opportunity to express satisfac-tion or concerns about health care at Laughlin.

For more information, call Stephanie McKinney at 298-6311.

College registration

Southwest Texas Junior College will be hold-ing registration for the Spring 2003 semester from 11 a.m. to 6 p.m. Jan. 3 at the Del Rio campus and 11 a.m. to 1 p.m. Jan. 7 at the Laughlin Education

Newslines

Center. Classes begin Jan. 13.

For more information, call 298-5827 or 775-1612.

Safety day

The wing is having a safety day Jan. 3. All military members must attend an assigned briefing during the day.

8:30 a.m. Anderson Hall – Maintenance direc-torate day shift personal

9:45 a.m. Anderson Hall – All instructor pi-lots, RAPCON and tower personal

9:45 a.m. Base Theatre – Medical Group, op-eration support staff and the fire department

11:15 a.m. Anderson Hall – Student pilots and life support

12:30 p.m. Anderson Hall – SIB training

1:45 p.m. Anderson Hall – Mission Support Group civilians

3 p.m. Anderson Hall – Mission Support Group military personal

3 p.m. Base theatre – Maintenance directorate swing-shift personal

VI support

Visual Information needs a minimum of 48 hours notice for any support after normal duty hours, weekends or holidays.

For more information, call 298-5177.

Tobacco cessation

The next tobacco cessation course starts Jan. 7

at the Wellness Center conference room. Class will be held at 11:30 a.m. and 4:30 p.m.

For more information or to sign up, call 298-6463 or 298-6464.

Going away dinner

47th Flying Training Wing Command Chief Master Sergeant Stephen Enyeart’s, going away dinner is set for 6:30 p.m. Jan. 8 at Club XL. All personnel can sign up through unit first sergeants. Commanders and DVs should RSVP to protocol at 298-4709 or 298-04710. The last day to sign up or RSVP is Jan. 3.

For more information, call 298-5456.

Base clean-up

The environmental flight is organizing a base clean-up for 1 p.m. Jan. 10 at the waste water ponds.

For more information, call 298-4298.

Transition counseling

Civil service employees considering leaving federal employment or changing careers can re-ceive career counseling from the Family Support Center. The counseling assists in resumes, inter-views and transition plans.

For more information or to schedule an ap-pointment, call 298-5620.

Rising Six

The next Rising Six meeting is set for 3:30 Jan. 15 at Club Amistad.

For more information, call Tech. Sgt. Marcel Brown at 298-5172.

Medical group treats outbreak of salmonella

By Capt. Dawnita Parkinson
47th Medical Group executive officer

About 130 people attend a holiday potluck dinner. Two days later, dozens of patients begin reporting to the Flight Medicine Clinic complaining of nausea, vomiting and diarrhea.

While this may sound like an exercise scenario from last week's Operational Readiness Inspection, it was a real-world foodborne illness outbreak that occurred just as the ORI team arrived at Laughlin.

Just one day after the 47th Operations Support Squadron's Dec. 7 holiday potluck, a partygoer reported to the Emergency Room at Val Verde Regional Medical Center with acute onset of flu-like symptoms. Over the next four days, a total of 52 patients were treated at the base clinic and Val Verde hospital for similar symptoms.

"Flight Medicine evaluated and treated 28 patients in one day, in addition to our regular work load," said Maj. Jeffrey Lawson, Flight Medicine Flight commander. "We had 18 litter patients receiving intravenous fluids at once. We had to use a break room for overflow, and we set up 10 litters there."

Major Lawson gave high marks to the downtown hospital for its role in helping the MDG treat the sudden in-

flux of patients. He said eight patients were transported downtown because they required supportive care by a 24-hour facility.

"Val Verde cleared out offices and converted them into patient rooms," he said. "Over a two-hour time span, they created 10 additional patient beds in an already-full hospital. Without their help, we would have sacrificed every ambulance in the county to transport our patients to San Antonio."

While Flight Medicine was being inundated with patients, Public Health was interviewing people who attended the potluck to try to determine the illness's cause. Although the interviews are ongoing, over 110 people have been interviewed as of Dec. 13.

While the probable cause has been determined to be salmonella poisoning, follow-up testing is being conducted by the Texas Department of Health and Brooks School of Aerospace Medicine to confirm the cause and to determine exactly which dish or dishes may have been contaminated, as well as when and how.

"This outbreak has given us a chance to see our people at their finest," said Col. Charles Hardin, 47th MDG commander. "I couldn't be more impressed or proud of the handling of this situation – from the patients who trusted and relied on us without complaints to the medical staff who simultaneously handled an ORI and a real-world illness outbreak without missing a beat. This was done in true Team XL style."

"This outbreak has given us a chance to see our people at their finest."
– Col. Charles Hardin,
47th Medical Group commander



Photo by Staff Sgt. Tony Tolley

Testing, one, two

OPERATION ENDURING FREEDOM (AFPN) – Tech. Sgt. Alexander Kokovidis, a laboratory technician assigned to the 819/219 Expeditionary Red Horse Squadron's materials testing lab, tests an asphalt sample Tuesday at a forward-deployed location in support of Operation Enduring Freedom.

Please
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‘ORI,’ from page 1

Laughlin was rated Excellent, which means performance exceeds mission requirements, and procedures and activities are carried out in a superior manner.

“I am incredibly proud of what you have done,” said Col. Dan Woodward, 47th Flying Training Wing commander, addressing the crowd. “I sincerely appreciate everyone’s effort. You guys proved to the world that the Laughlin team is superb.”

Inspectors examined leadership and management procedures at all levels and in all functions to determine each unit’s ability to accomplish their missions effectively and safely; to comply with laws and regulations; and to place emphasis on fraud, waste and abuse. Following the assessment of individual units, inspectors combined ratings to establish overall rating at group levels.

Several base units received Outstanding ratings and even more re-

ceived Excellent ratings, which led to Excellent ratings for the 47th Operations Group and the 47th Medical Group and Satisfactory ratings for the 47th Maintenance Directorate and the 47th Mission Support Group.

Laughlin was graded Outstanding for its appearance and members’ customs and courtesies to the inspectors.

Maj. Gen. James Sandstrom, 19th Air Force commander, said Laughlin deserves this rating and to keep up the great work.

“The standards in AETC are exceptionally high,” said General Sandstrom. “The fact that as a wing, you are at the excellent level is absolutely outstanding.”

General Sandstrom went on to say an ORI is about continuous improvement and that the best thing about the team leaving is that they show you where you need improvement.

Colonel Woodward echoed these statements. “They gave us a road map to follow,” he said. “What matters now is what we do with it.”



Photo by Airman 1st Class Timothy Stein

Yard winners

Col. Victor Hnatiuk, 47th Mission Support Group commander, presents a gift basket to the winners of the Holiday Yard Decorating Contest. (From left to right) Kaylee and Kristen Pruitt; Stephanie Bock, Fiesta Center director; Colonel Hnatiuk; Tyler and Senior Airmen Keith Pruitt. The Pruitts won best enlisted house and the overall competition. Phyllis Limas won for best mobile home and 2nd Lt. Mark Oden won for best officer’s house.

47th FTW outstanding ORI performers

Wing staff

Safety Office

Maj. Phillip Scheller

Public Affairs

Deanna Norton

Judge Advocate

Terra Wade

Financil Management

Staff Sgt. Manuel Laureles

Command Post

Staff Sgt. Samantha Bogumil

Operations Group

Group staff

Capt. Eric Morgan

Master Sgt. John Bock

Operations Support Squadron

Staff. Sgt. William Bartram

Staff. Sgt. Justin Werlinger

84th Flying Training Squadron

Capt. Jennifer Fujimoto

Capt. Dan Szarke

85th FTS

Capt. Mike Alley

Staff Sgt. Charla Ferris

86th FTS

Maj. Scott Atchison

Capt. Brian Sciantarelli

1st Lt. Vinny Danna

87th FTS

Lt. Col. Thomas Orr

Maj. David Brown

96th FTS

Capt. Jodi Gehrke

Master Sgt. Reva Rials

Mission Support Group

Commander’s Support Staff

Tech. Sgt. Darryl Jordan

Mission Support Squadron

Master Sgt. Richard Conerly

Kathy Craven

Security Forces Squadron

2nd Lt. Sara Bragg

Airman 1st Class John Bush

Communication Squadron

Airman 1st Class Bruce Lee

Senior Master Sgt. Paul Tanaleon

Civil Engineer Squadron

1st Lt. Jadee Bell

Tech Sgt. Rance Lane

Airman 1st Class Richard Brown

Services Division

Airman 1st Class Gerson Hernandez

John Day

Logistics Readiness Division

1st Lt. Jamie Wade

Master Sgt. Patricia Jimerson

Contracting Squadron

Dave Hancock

Tech. Sgt. Richard Crivens

Maintainace Directorate

Executive Support Staff

Elizabeth Watts

Quality Assurance Staff

Ricky Arneson

Contract Performance

Management Staff

Fred Schumann

T-1 Maintenance

Roberto Sandoval

T-6 / T-37 Maintenance

Steven Rush

Dennis Miles

Components Maintenance

Helen McCracken

Luz Powell

T-38 Maintenance

Augustin Cardenas

Maintenance Operations

Delia Villarreal

Robert Marsh

Medical Group

Aeromedical Dental Squadron

Staff Sgt. Liz Smith

Senior Airman Irene Schwaninger

Medical Operations Squadron

Staff Sgt. Traci Wilmoth

Airman 1st Class Laurie Nelson

Medical Support Squadron

Staff Sgt. Steve Fleming

Staff Sgt. Hector Rodriguez

Airman 1st Class

Heather Kunsman

New Web portal testing begins

WASHINGTON – The next generation of the Air Force Portal debuted at Langley Air Force Base, Va., on Dec. 6.

Air Force people assigned to Air Combat Command headquarters and several other units at Langley will participate in the first command- and base-level test of the redesigned portal.

Air Force Materiel Command, designated lead for integrating organizational content and job-related portal tools, will soon test this initiative at Wright-Patterson AFB, Ohio. Integration of portal content and applications from all commands will occur in 2003.

The portal is a vital part of the Air Force’s effort to transform and improve the way people work, said John Gilligan, the Air Force’s chief information officer.

“While progress has been made, there is still a lot to be accomplished, and the Air Force people at Langley and Wright-Patterson will make an important contribution toward making sure we get it right on behalf of the entire Air Force,” Gilligan said.

“The Air Force Portal gives Air Force people the ability to view information needed to do their job with-

out regard to the system managing that information,” said Col. Norris Connelly, director of systems and technology in the office of the Air Force’s chief information officer. “Ultimately, this means a maintainer stationed anywhere in the world could log on to a computer, check e-mail, get the status of ordered parts, find out the scheduled take-off time for the aircraft that needs those parts, and get information pushed to him based on indi-

“The new Air Force Portal represents a great leap forward,”
– John Gilligan,
Air Force chief information officer

vidual interests and profile, with nothing more than a Web browser loaded on a desktop computer with network access.”

When fully operational, the portal will provide a single point of access to the right information, at the right time, in the right format and from any location, Gilligan said.

Portal users will be able to:

- Personalize the display and delivery of portal information;
- Take favorite Web site links with them when they travel.
- Readily access the best of Air Force content, tools and applications, all organized in a user-friendly format.

The new portal sports a standard look and feel, and standard index and naviga-

tion, said Colonel Connelly.

When accessing information at different commands and bases, the same information from each facility will be in the same place with the same name. While only in the early stages of this standardization process, the portal will significantly simplify finding important and relevant Air Force information, Colonel Connelly said.

The current portal allows for a reduced logon for registered Web applications such as the virtual MPF, My Pay and others.

One popular tool that will continue to be universally available – the Air Force White Pages – allows users to look up contact information on Air Force people.

Besides accommodating every airmen and civilian employee, the portal will eventually be open to Air Force retirees and family members, a universe of more than 1.3 million users, Colonel Connelly said.

“The new Air Force Portal represents a great leap forward, providing airmen and civilian employees one-stop information shopping for essential online information,” Gilligan said.

The portal can be visited at <https://www.my.af.mil>. It can only be accessed from computers in the dot-mil and dot-gov domains.

(Courtesy of
Air Force Print News)

Interested in the Air Force?
*Call Del Rio’s Air Force recruiter
at 774-0911.*

People have rights when facing debt collectors

By 1st Lt. Preston Young
*47th Flying Training Wing
preventive law chief*

It's that time of year again...auto dealerships are making deals on current stock to make room for new inventory, countless commercials advertise the latest gizmo that no home can do without, and stores are offering their best sales of the year.

As we purchase houses, cars, and holiday gifts, creditors and debt collectors can get very busy as some of us fall behind on repaying our debt.

The Fair Debt Collection Practices Act is a useful tool available to consumers to protect themselves from unscrupulous creditors and debt collectors.

Although the Act will not erase any legitimate debt you owe, it will ensure that debt collectors treat consumers fairly. An overview of the communication limitations placed on

a debt collector in pursuing the debt under the Act is outlined below.

Note that the following outline is only intended to summarize the Act's general principles and is in no way intended to be comprehensive. An attorney can assist with proper application of the Act to your particular circumstances and maximize your protection against creditors and debt collectors.

Communicating with the consumer

The Act provides that a debt collector may not contact a consumer about collecting a debt, without consent of the consumer or permission of an appropriate court:

- At inconvenient places or times. Before 8 a.m. or after 9 p.m.
- If the debt collector is aware that the consumer is represented by an attorney with respect to the debt.
- At consumer's place of employment

provided the consumer tells the debt collector he can't receive such calls.

Communicating with others

A debt collector may not contact any person regarding the consumer's debt other than the consumer. A debt collector may contact other individuals or groups specified under the Act.

Stopping communication

If a written statement to the debt collector of refusal to pay the debt or consumer's wishes not to be contacted further, the debt collector can't contact the consumer except:

- To notify the consumer that debt collector's future efforts will cease.
- To notify the consumer that the debt collector intends to or may invoke specified remedies against the consumer to collect the debt.

Unfair, harassing, or abusive tactics. Debt collectors may not harass, abuse or otherwise use unfair or oppressive tactics to collect the debt.

A debt collector may not:

- Use or threaten to use violence or cause harm to the debtor's property, reputation, or person.
- Use obscene or profane language.
- Publish the consumer's name in a list of persons who refuse to pay their debts, except to a credit bureau.
- Use annoying, abusive, or harassing actions intended to provoke the consumer into paying the debt.
- Conceal their identity when contacting the consumer about the debt.
- State that they are or will take action against the consumer when there is no right to do so under the law.
- Send post cards or use envelopes that indicate the mailing is in connection to collecting a debt.

The office of the Attorney General for the State of Texas can be contacted at (512) 463-2100 and The FTC can be reached toll free at 1-877-FTC-HELP (1-877-382-4357).

Airmen get connected

RANDOLPH AIR FORCE BASE, Texas – To help deployed Air Force people stay in touch with their families, family support center workers recently mailed off more than 40,000 AT&T Corp. phone calling cards as part of an annual Veterans of Foreign Wars Foundation program.

The 60-minute calling cards have also been sent to military members stationed overseas in Europe and the Pacific, Air Force Personnel Center officials said. The phone cards were activated Dec. 10.

The VFW, now in its fourth year of sending the cards, teams up annually with the Air Force Aid Society to distribute the cards worldwide in what's known as "Operation Uplink."

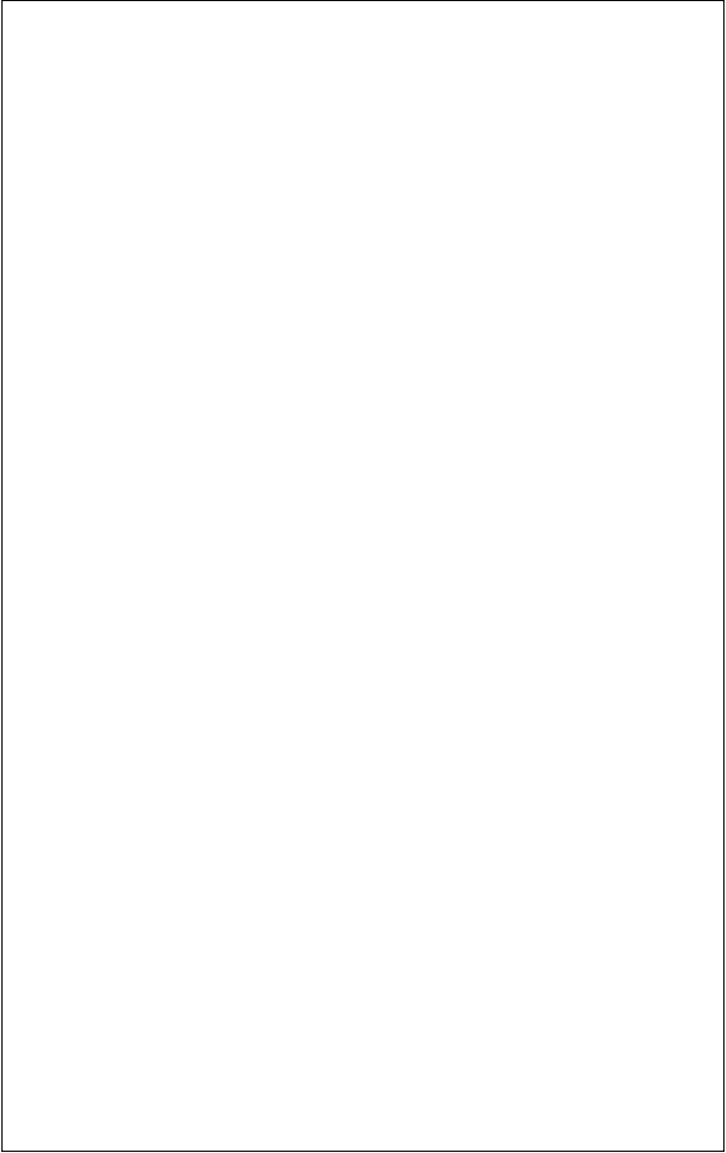
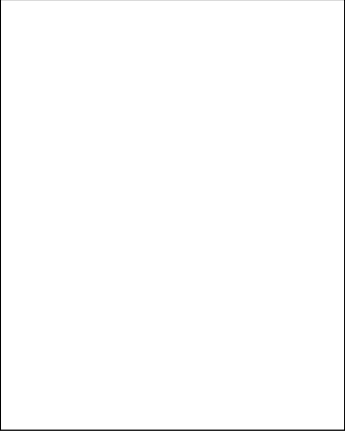
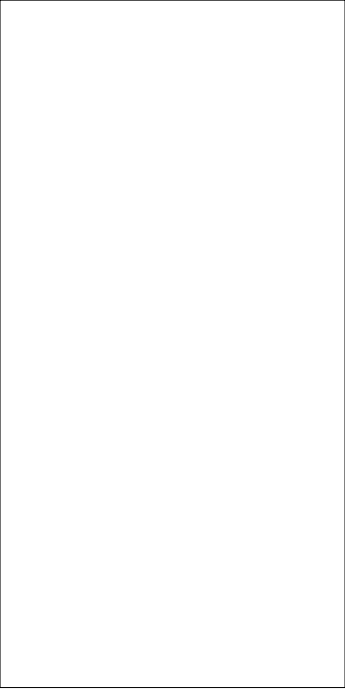
The phone cards will be available for airmen through installation family support centers. Personnel units will

distribute them at deployed locations.

Besides the phone cards, base family support centers provide e-mail, video phone connections, morale calls and outreach programs for spouses. Pre-deployment briefings and other information help families understand and plan for family stresses before, during and after deployments.

"The FSCs provide computers and assistance for family members for sending and receiving e-mail to help them keep in touch with their deployed spouse, father or mother," said Rayfield.

"The most neglected part of the deployment process is coming home," said Rayfield. "We have developed a number of tools to assist our families through the deployment. Knowing this helps them better serve their country." (Courtesy of AFPC News Service)



Air Force kicks off Centennial of Flight celebration

WASHINGTON – The Air Force joined the year-long Centennial of Flight celebration on Tuesday that commemorated the 100th anniversary of the Wright brothers’ first powered flight.

The Air Force participated in centennial events honoring a century of aviation heroes to communicate its contributions to airpower, from the earliest beginnings of powered flight to today’s expeditionary air and space force and the future in air and space.

“The world has changed dramatically since 1903, yet the drive and determination to harness the promise of flight has never been stronger,” said Air Force Chief of Staff Gen. John P. Jumper. “From the Wright Flyer to the F/A 22 Raptor, America continues to pioneer cutting-edge technology, and its airmen remain champions of innovation.”

The Air Force Centennial of Flight Web site presents the latest information on the celebration, with a calendar of centennial events

and list of products. It is also a resource center for centennial information including speeches, aviation-themed educational resources and lesson plans, and support for centennial events

“The world has changed dramatically since 1903, yet the drive and determination to harness the promise of flight has never been stronger.”

– Gen. John P. Jumper
Air Force Chief of Staff

around the country. Celebrations took place Tuesday in Ohio, North Carolina and Washington, D.C. Plans are currently underway for a Global Air Chiefs Conference, inviting air chiefs from more than 160 countries to

the United States to discuss the future of aviation in military operations. Other Centennial events being planned by the Air Force include a history symposium and an aviation art exhibit.

The Air Force Centennial of Flight Office was established to promote a positive public awareness of the Air Force, support recruiting, enhance retention and strengthen relationships within the worldwide aviation community. It will coordinate all Air Force events, projects and information commemorating the centennial.

(Courtesy of
Air Force Print News)

Please recycle this newspaper.

CHRISTMAS HOLIDAY WEEK



HOURS OF OPERATION



	<u>DEC 23</u>	<u>DEC 24</u>	<u>DEC 25</u>	<u>DEC 26</u>	<u>DEC 27</u>	<u>DEC 28</u>
Cactus Bowling Lanes	11 a – 5 p	11 a – 5 p	CLOSED	11 a – 5 p	11 a – 5 p	11 a – 5 p
Leaning Pine Golf Course	7 a – Sunset	7 a – Sunset	CLOSED	7 a – Sunset	7 a – Sunset	7 a – Sunset
Pepperoni’s!	4 – 9 p	CLOSED	CLOSED	4 – 9 p	4 – 10 p	4 – 10 p
Club XL	11 a – 1 p	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
SilverWings Snackbar	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Club Amistad	3:30 – 11 p	CLOSED	CLOSED	CLOSED	3:30 p – 1 a	3:30 p – 1 a
Club Amistad Bingo	6 – 10 p.m.	No Bingo				5 – 9 p
Café Bueno	6 a – noon	CLOSED	CLOSED	6 – 9 p	6 a – noon	12:30 – 3:30 p
Base Theater Cinema		No Movie		Movie Showing		Movie Showing
NAF Accounting Office	7:30 a – 4:30 p	7:30 a – noon	CLOSED	7:30 a – 4:30 p	7:30 a – 4:30 p	CLOSED
Outdoor Recreation	9:30 a – 5:30 p	CLOSED	CLOSED	9:30 a – 5:30 p	9:30 a – 5:30 p	CLOSED
Chaparral Dining Facility	6:15 – 8 a	7 a – 1 p	7 – 8 a	6:15 – 8 a	6:15 – 8 a	7 a – 1 p
	11 a – 1 p	5 – 6:30 p	11 a – 5 p	11 a – 1 p	11a – 1 p	5 – 6:30 p
	4:30 – 6:30 p			4:30 – 6:30 p	4:30 – 6:30 p	
Lodging	Open 24 Hours	Open 24 Hours		Open 24 Hours	Open 24 Hours	
XL Fitness Center	6 a – 8 p	9 a – 4 p	CLOSED	10 a – 6 p	8 a – 6 p	8 a – 6 p
Friendship Pool	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Paintball	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Fiesta Center	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Book Mark Library	9 a – 5 p	10 a – 2 p	CLOSED	9 a – 5 p	9 a – 5 p	1 – 5 p
Auto Skills Center	CLOSED	CLOSED	CLOSED	CLOSED	noon – 5 p	10 a – 4 p
Frame Center	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Southwinds Marina	CLOSED	CLOSED	CLOSED	8 a – 4 p	8 a – 4 p	8 a – 4 p
Veterinary Clinic	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Human Resources Office	7:30 a – 4:30 p	CLOSED	CLOSED	7:30 a – 4:30 p	7:30 a – noon	CLOSED
Child Development Center	6:30 a – 5:30 p*	6:30 a – 5:30 p*	CLOSED	6:30 a – 5:30 p*	6:30 a – 5:30 p*	CLOSED
Family Child Care	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Youth Center Membership	4:30 a – 8:30 p	CLOSED	CLOSED	CLOSED	4:30 – 8 p	1 – 9 p
Youth Center School Age	6:30 a – 5:30 p*	6:30 – 5:30 p*	CLOSED	6:30 a – 5:30 p*	6:30 a – 5:30 p*	CLOSED

* Will close after last child leaves - if low enrollment.

NEW YEAR'S HOLIDAY WEEK



HOURS OF OPERATION



	<u>DEC 30</u>	<u>DEC 31</u>	<u>JAN 1</u>	<u>JAN 2</u>	<u>JAN 3</u>	<u>JAN 4</u>
Cactus Bowling Lanes	11 a – 5 p	11 a – 5 p	CLOSED	11 a – 5 p	11 a – 5 p	11 a – 5 p
Leaning Pine Golf Course	7 a – Sunset	7 a – Sunset	7 a – Sunset	7 a – Sunset	7 a – Sunset	7 a – Sunset
Pepperoni's!	4 – 9 p	4 – 9 p	CLOSED	4 – 9 p	4 – 10 p	4 – 10 p
Club XL	CLOSED	CLOSED	CLOSED	11 a – 1 p	11 a – 1 p	CLOSED
SilverWings Snackbar	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Club Amistad	3:30 – 11 p	3:30 p – 3 a	CLOSED	3:30 – 11 p	3:30 p – 1 a	3:30 p – 1 a
Club Amistad Bingo	6 – 10 p.m.		No Bingo			5 – 9 p
Café Bueno	CLOSED	CLOSED	CLOSED	6 – 9 p	6 a – noon	12:30 – 3:30 p
Base Theater Cinema		No Movie		Movie Showing		Movie Showing
NAF Accounting Office	7:30 a – 4:30 p	7:30 a – noon	CLOSED	7:30 a – 4:30 p	7:30 a – 4:30 p	CLOSED
Outdoor Recreation	9:30 a – 5:30 p	CLOSED	CLOSED	9:30 a – 5:30 p	9:30 a – 5:30 p	CLOSED
Chaparral Dining Facility	6:15 – 8 a 11 a – 1 p 4:30 – 6:30 p	7 a – 1 p 5 – 6:30 p	7 – 8 a 11 a – 5 p	6:15 – 8 a 11 a – 1 p 4:30 – 6:30 p	6:15 – 8 a 11a – 1 p 4:30 – 6:30 p	7 a – 1 p 5 – 6:30 p
Lodging	Open 24 Hours	Open 24 Hours	Open 24 Hours	Open 24 Hours	Open 24 Hours	
XL Fitness Center	8 a – 6 p	8 a – 6 p	10 a – 6 p	8 a – 6 p	6 a – 8 p	9 a – 8 p
Friendship Pool	CLOSED	CLOSED	CLOSED	6 – 8 a 11 a – 6 p	6 – 8 a 11 a – 6 p	11 a – 6 p
Paintball	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Fiesta Center	CLOSED	CLOSED	CLOSED	11:30 a – 6 p	11:30 a – 4:30 p	CLOSED
Book Mark Library	9 a – 5 p	10 a – 2 p	CLOSED	9 a – 5 p	9 a – 5 p	1 – 5 p
Auto Skills Center	CLOSED	CLOSED	CLOSED	CLOSED	8 a – 5 p	8 a – 5 p
Southwinds Marina	8 a – 4	CLOSED	CLOSED	8 a – 4 p	8 a – 4 p	8 a – 4 p
Veterinary Clinic	CLOSED	CLOSED	CLOSED	noon – 4 p	noon – 4 p	CLOSED
Human Resources Office	7:30 a – 4:30 p	CLOSED	CLOSED	7:30 a – 4:30 p	7:30 a – noon	CLOSED
Child Development Center	6:30 a – 5:30 p*	6:30 a – 5:30 p*	CLOSED	6:30 a – 5:30 p*	6:30 a – 5:30 p*	CLOSED
Family Child Care	CLOSED	CLOSED	CLOSED	8 a – 5 p	8 a – 5	CLOSED
Youth Center Membership	4:30 a – 8:30 p	CLOSED	CLOSED	4 – 8:30 p	4:30 – 8 p	1 – 9 p
Youth Center School Age	6:30 a – 5:30 p*	6:30 – 5:30 p*	CLOSED	6:30 a – 5:30 p*	6:30 a – 5:30 p*	CLOSED

* Will close after last child leaves - if low enrollment.



Laughlin Salutes

47th Flying Training Wing third-quarter winners:

Airman:

■ Airman 1st Class John Firlik, 47th Mission Support Group

NCO:

■ Tech. Sgt. Jeffrey Walton, 47th Medical Group

Senior NCO:

■ Master Sgt. Gail Henderson, 47th MSG

Company grade officer:

■ Capt. Antonio Rodriguez, 47th Flying Training Wing

Civilian category I:

■ Lionel Esquivel, 47th Maintenance Directorate

Civilian category II:

■ Robert Marsh, 47th MX

Civilian category III:

■ Jim Teet, 47th FTW

**Non-appropriated funds
category I:**

■ Beatrice Hernandez, 47th MSG

**Non-appropriated funds
category II:**

■ Debra Churchwell, 47th MSG

Instructor pilot:

■ 1st Lt. Glenn Gonzales, 87th Flying Training Squadron

Volunteer:

■ Evelyn Caro, 47th MSG

Health and safety

contributor:

■ Capt. Troy McGrath, 47th Operations Group

Honor guard member:

■ Senior Airman Heinzl Jno-Baptiste, 47th MDG

**Semi-annual outstanding
dormitory suite:**

■ Airman 1st Class Jennifer Leblanc, 47th FTW

**Semi-annual outstanding
dormitory single room:**

■ Airman 1st Class Heather Kunsman, 47th MDG



The Air Force
rewards
good ideas
with money.
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Program data
system at
[https://
ideas.randolph.
af.mil](https://ideas.randolph.af.mil), or call
298-5236.

The *XL*er

Hometown: Memphis, Tenn.

Family: Wife, Christine Lee

Time at Laughlin: 10 months

Time in service: one year, nine months

Greatest accomplishments:

Successfully getting through the ORI, gaining my five level and completing my Community College of the Air Force degree in electronics systems technology.

Hobbies: Snorkeling, biking

Bad habits: My wife says I try to be too much of a perfectionist

Favorite musician or band: I love all types of music. I really don't have a favorite.

Favorite movie: Event Horizon

If you could spend one hour with any person, who would it be and why? This may sound strange, but it would be my wife's mother. I hear great things about her from my wife and her side of the family.



Photo by Airman 1st Class Yvonne Conde

Airman 1st Class Bruce Lee
47th Communications Squadron

Any concerns about work, Laughlin or the Air Force should be addressed through the chain of command. If problems persist, contact the Inspector General, Lt. Col. Peter Godwin at 298-5638.

Chapel Schedule

Catholic

- Saturday • 5 p.m., Mass
- Sunday • 9:30 a.m., Mass
- Thursday • 6 p.m., Choir
- Reconciliation • By appointment
- Religious Education

- 11 a.m. Sunday

Jewish

- Call Max Stool at 775-4519

Muslim

- Call Mostafa Salama at 768-9200

Nondenominational

- Sunday • 6:30 p.m. Officer Christian Fellowship, call 298-2238
- Friday • 7 p.m., Unity in Community Fellowship (activities for children)
- Monthly • Women’s fellowship (call 298-1351 for details)

Protestant

- Saturday • 9 a.m., Singles Bible study at the Chaparral Dining facility
- Sunday • 9:30 to 10:30 a.m., Sunday school
- 11 a.m., General worship (blend of contemporary and traditional worship)
- Wednesday • 10 a.m., Women’s Bible study
- 7 p.m., Choir at chapel

27 airmen come home for the holidays

By Airman 1st Class Yvonne Conde
Staff writer

Pull out the stockings and add more names to the secret Santa list because 27 deployed airmen will make it back in time to enjoy the holiday festivities.

Most of these airmen departed Laughlin about three months ago to provide mission support at different remote locations.

Eighteen Laughlin troops have already returned this month, and nine more are packing their things to be here within the next week. Though the majority of Laughlin's deployed troops will be home for the holidays, 13 of Laughlin's airmen will be serving their country abroad for the holidays.

"It is a blessing to have so many of our own airmen back in time for

the holidays, but I wish we would all take a few minutes during Christmas and New Year's Eve to remember so many of our young men and women [who] are serving our country," said Tech. Sgt. David Hirtreiter, 47th Mission Support Squadron NCO in charge of personnel readiness.

Airman 1st Class Nathaniel Bolen, 47th Flying Training Wing information management specialist, returned to Laughlin the first week of December from Al Dhafra air base, United Arab Emirates.

Airmen Bolen was sent as a workgroup manager to maintain the computers in his area.

"I enjoyed my time there," said Airman Bolen. "But, I am grateful that I'm able to spend the holidays with family and friends. There are many deployed people who aren't able to."

Airman 1st Class Carrie Staugler, 47th Security Forces Squadron information management specialist, said she was excited when she deployed in late August. "I knew it would be an experience, and I was ready for that."

For 105 days, she performed administrative duties for the operations group command staff at her deployed location. While there she was informed that there was a possibility of a time extension, which meant she have to stay through the holidays. "Not knowing grew frustrating at times because the time difference made it hard to keep in touch with my family," she said.

Airman Staugler said she felt the same excitement to be sent home as when she deployed because she could see her loved ones for the holidays. "Though I will be spending

the holidays with my family in Ohio, I was prepared to enjoy Christmas in the desert the best I could."

According to Airman Staugler, being deployed was a great experience. "I would definitely do it again."

Airman 1st Class Wes Ransom, 47th Contracting Squadron contracting specialist, said that he is proud of those spending their holidays so far away from their loved ones. "They are serving their country as a true American would, regardless of the time of year," he said.

Airman Ransom also returned early this month from a three-month deployment. "I was excited when I was told I would be home for the holidays," he said. "But, if my country needed me to stay, I wouldn't hesitate. It's important to keep the mission in mind."

AEF cards being issued

By Airman 1st Class Yvonne Conde
Staff writer

All Aerospace Expeditionary Force-tasks personnel here must report to their unit deployment managers to have a new AEF identification card issued by Jan. 7.

The cards, which contain all of an airman's projected deployment information, were introduced as a tool to help airmen understand the details of their deployments.

"This will assist in the elimination of the last minute alignment of our troops to an AEF rotation," said Tech Sgt. David Hirtreiter, 47th Mission Support Squadron, NCO in charge of personnel readiness. "When a troop knows exactly when they are to deploy, they can better prepare their personal life and prepare themselves for the deployment at hand."

Laughlin currently has 545 airmen on mobility who will need to carry the ID sized AEF card along with their military ID at all times. Because this is a mandatory program, Gen. Donald Cook, Air Education and Training Command commander, will look for this AEF ID card during his visit next month.

According to General Cook, the cards will provide deployable airmen with a visible sign of the AEF commitment and provide them advance notice of their AEF vulnerability window.

Because the cards provide all mobility personnel with advance notice on the AEF they are assigned to, Sergeant Hirtreiter said they are a valuable asset to the total force because the troops will be better prepared to support the Air Force's war time mission.



Courtesy photo

And the winner is...

Col. Victor Hnatiuk, 47th Mission Support Group commander, judges the annual Top Wheels competition Dec. 3. 47th Mission Support Squadron supply won the general purpose category and the 47th Civil Engineer Squadron fire department won the special purpose category.

Thinking about getting out?

Call the career assistance adviser at
298-5456 for guidance.

Wing kicks off new year with run

By Airman 1st Class Yvonne Conde
Staff writer

A mandatory 2-mile run is scheduled for all Laughlin military members at the base park Jan. 3.

Col. Dan Woodward, 47th Flying Training Wing commander, directed the wing run to begin the new year with a focus on fitness.

“It is important we continue to keep health and wellness a priority,” said Colonel Woodward. “A fitness program is essential to maintain a fit force.”

Individuals on profile will sign in at 6:45 a.m. to act as timekeepers or road guards for the

run. Those interested in competing may sign up for a team or individual run competition.

The team competition will consist of five members, which is composed of one officer, one enlisted and a member over 30 years old. Both genders must be represented. The team will carry the squadron guidon, and each member must carry it for a minimum of two minutes. There will also be an individual male and female competition in three age categories: under 30, 30 – 40 and over 40. The competition sign up will begin at 7 a.m.

Stretching and warm-up exercises will be held from 7 to 7:20 a.m., followed by a safety briefing given by Colonel Woodward before the start of

the run at 7:30 a.m.

Although the formation is mandatory for all military personnel, all civilian personnel, contractors and dependents are encouraged to join in the fun and competition, said Maj. Nina Watson, 47th Medical Group flight commander of health promotions.

According to Major Watson, she hopes the camaraderie provided by wing fitness programs will motivate people to participate in individual fitness conditioning at least three to five times per week.

“Hopefully we will have some fun and keep it up,” she said.

Public Health promotes hearing education, protection

By Airman 1st Class
Susan Strout
56th Fighter Wing Public Affairs

LUKE AIR FORCE BASE, Ariz. – With jet aircraft roaring down the runways at some bases, hearing protection is a must for Air Force members.

Hearing loss, caused by exposure to recreational and work noise, is one of the most common occupational illnesses in the Air Force, according to the Air Force Occupational Safety and Health Office.

“Because hearing loss is usually painless, many times people won’t recognize the problem until it’s too late,” said Staff Sgt. Elizabeth Lujan, 56th Aerospace Medicine Squadron Public Health technician. “Our efforts with hearing conservation at

public health is a team effort. Supervisors should ensure everyone exposed to hazardous noise has been educated and hearing protection is being worn on a daily basis.”

Hearing protection while off duty is also important.

“Protecting against hearing loss off duty is just as crucial as protection in the work environment,” Sergeant Lujan said. “We have many individuals on base whose hobbies include racing cars, working on loud engines, playing in bands, hunting or gun shooting, motorcycling or evening mowing the

lawn. The more noise your ears are exposed to on and off the job, the more hearing you may lose.”

According to Capt. Elizabeth Yogerst, officer in charge of 56th ADMS public health, nearly 3,000 people are on a hearing conservation program. People exposed to hazardous loud noise at their work centers are put on the program and have to complete annual audiograms.

“Most people don’t realize booming stereos and loud concerts have the same effect as getting too close to a running F-16 without ear-plugs,” Captain Yogerst said.

Sound is measured in decibels, or dB. A normal conversation is about 60 dB and a chainsaw measures about 110 dB.

Examples of loud noises are:

Painful

- 140 dB - firearms, air raid siren
- 120 dB - jet takeoff

Extremely loud

- 110 dB - rock concert
- 90 dB - lawnmower

Very loud

- 80 dB - alarm clock

“To determine if hearing protection is required, a good guide to follow is the three-foot rule,” Sergeant Lujan said. “If you have to shout or raise your voice significantly at a distance of three feet (arms length), then you are in a hazardous noise environment.”

Sportslines

Aerobics programs

Step, Spin, Cardio Kickboxing and Power Yoga classes are available at the XL Fitness Center for all Laughlin people to attend.

The classes are: Monday – Friday has classes at 9 a.m.; Monday – Thursday includes noon and 5:30 p.m. classes; and Monday and Wednesday Power Yoga is scheduled at 6:30 p.m.

All classes are free and are conducted by certified instructors. For more information, call the fitness center at 298-5251.

Santa Claus Biathlon

The Santa Claus Biathlon is set for Saturday at 8 a.m. There will be a five-kilometer run and an eight-mile bike ride. For more information, call 298-5251.

Air Force teams

All active-duty members interested in competing for a spot on the Air Force cross country team must submit Air Force Form 303 by Dec. 30. Members interested in wrestling must submit the form by Jan. 17. Members interested in bowling must submit the form by Jan. 20.

Forms will be available at the XL Fitness Center. For more information, call the fitness center at 298-5251.

Interested in the Air Force? Call Del Rio’s Air Force recruiter at 774-0911.